



# 5 online safety tips for parents

## 1 Introduce technology gradually

Start slow – e.g. gaming offline, using chat apps on your own device, signing up with a family email address, etc. Encourage them to build up trust before getting their own smart device, and keep a close eye on things when they are online. Check out PEGI ratings to find out the age for which each game is appropriate.

## 2 Create healthy habits

Keep devices out of bedrooms and avoid using them at all for 1 hour before bedtime.

- Make mealtimes tech-free.
- Make it normal to talk about what they do, see, and hear online.
- Think about your own online use and the example it sets.

## 3 Check out parental controls

- Explore parental controls – they exist on most devices.
- Use child friendly versions of apps e.g., YouTube Kids but remember these are not foolproof.
- Use SafeSearch options on search engines (e.g., Google, Safari, Edge).
- Check out controls on games, especially chat settings.

## 4 Start the conversation now

- “What kind of things do you like doing online?”
- “You can always talk to me if you see or hear anything that worries you.”

## 5 Do fun stuff together!

- Check out apps and games for a younger audience that can promote creativity such as Toca Boca or CBeebies.
- Sign your child up for a local CoderDojo group in your area.
- Sit down with them and watch their favourite videos, then chat about them.

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